



CLAIM(S):

1. A composition containing at least two vitamins of vitamin A, vitamin B2, vitamin B9 or vitamin E along with at least two minerals or trace-elements of magnesium, zinc, copper and selenium in an amount effective for reduction of intracellular lipids and toxic wastes which have accumulated in a human body.
2. The composition according to claim 1 and further comprising a pharmaceutically acceptable excipient.
3. The composition of claim 1 and further comprising thermogenetic stimulating ingredients that have a cholagogue or choleretic effect or which are known to reduce body weight for treatment of obesity.
4. A method for reducing intracellular lipids and toxic wastes that have accumulated in the human body, the method comprising orally administering a composition according to claim 1.
5. A method for reducing intracellular lipids and toxic wastes that have accumulated in the human body, the method comprising orally administering a composition according to claim 2.
6. A method for reducing intracellular lipids and toxic wastes that have accumulated in the human body, the method comprising orally administering a composition according to claim 3.
7. The method of claim 4 wherein the oral administration is in combination with a hypocaloric diet, a protein rich diet, or a diet effective for stimulating intestinal transit.
8. The method of claim 5 wherein the oral administration is in combination with a hypocaloric diet, a protein rich diet, or a diet effective for stimulating intestinal transit.

9. The method of claim 6 wherein the oral administration is in combination with a hypocaloric diet, a protein rich diet, or a diet effective for stimulating intestinal transit.
10. The method claim 4 and further comprising physical exercise or muscular electro-stimulation with the oral administration.
11. The method claim 5 and further comprising physical exercise or muscular electro-stimulation with the oral administration.
12. The method claim 6 and further comprising physical exercise or muscular electro-stimulation with the oral administration.
13. The composition of claim 1 in the form of a pharmaceutical, cosmetic, dietary, or nutritional product.
14. The composition of claim 2 in the form of a pharmaceutical, cosmetic, dietary, or nutritional product.
15. The composition of claim 3 in the form of a pharmaceutical, cosmetic, dietary, or nutritional product.